

Announcing a New *RMIJ* Section

Reflections on Teaching Rosen Method Bodywork & Movement

The Journal would like to begin offering articles about teaching and learning both the movement and bodywork components of Rosen Method from across the globe. We would, therefore, like to put out a call for articles from teachers in Rosen programs, with thoughtful examples of things learned from students, interns and practitioners.

Since teaching begins in school programs once a school is approved, we invited those involved in the creation of **Veredas Centro de Educacion Corporal** in Mexico to share their experiences. We recognize there are multiple ways new programs develop and asked both Lourdes Nicolau and Theresa García to share their insights on the process that occurred during development of this new center. In this brief article, Theresa and Lourdes share some of the history of how Veredas came to be!



Reflections on the Development and Creation of the New Rosen Method School in Mexico

Lourdes Nicolau, Bodywork Practitioner

Theresa García, Senior Bodywork Teacher and Senior Movement Teacher Trainer

Background and History

The development of this new training program was surprising to Lourdes. She recalls that Marion Rosen and Hans Axelson first came to share Rosen Method in 1999. Neither she nor her business partner, Yoya Arguelles, could have imagined that trip would launch the seed for the first Rosen Method school in Latin America. Prior to that trip, Lourdes had just met Marion and Hans at an Introductory Workshop in Stockholm, Sweden, where she soon realized their teaching was in alignment with the bodywork she and Yoya were offering at their Center which focused on connection, body-awareness, relaxation, and movement.

Yoya and Lourdes invited Marion to offer a workshop in Mexico City and an excited group of 92 students attended that first workshop! "It was really something," Marion recalled years later!

Marion and Hans returned the following year and taught an introductory course attended by 32 people. It was then that Lourdes and Yoya realized they were inspired and motivated to begin a new program. This endeavor took significant focus, work and discipline over a lengthy period and the team of Lourdes and Yoya continued to organize and offer these initial trainings. Sadly, Marion's health eventually prevented her from traveling to the high altitude of Mexico City. Both Lourdes and Yoya knew they wanted to continue this amazing work!

To move toward making their dream a reality, Lourdes began to focus on her own training in Rosen Method by attending intensives in schools in Europe and the U.S. She studied in Holland, Switzerland, Germany and at the Berkeley center in the U.S. By experiencing the training in so many cultures, Lourdes embraced the wonderful diversity of our worldwide community. When Lourdes returned to live in Mexico City in 2004, she rejoined her practice with Yoya at Veredas and began offering Rosen Method bodywork sessions in order to fulfill her internship requirements. Lourdes also included Rosen movement in her program on body consciousness at the Veredas center.

The Necessary Support Arrives!

Enter Elaine Mayland and Theresa García and a group of interns from the U.S. Lourdes feels very fortunate that she was able to work with senior teacher Elaine Mayland as her primary supervisor and with Theresa García as her movement teacher trainer. This connection brought specific resources and support to Lourdes and Yoya for the development of the potential program in Mexico.

Between 2006 and 2007, Elaine Mayland, Theresa García, and several Rosen interns and practitioners traveled to Mexico and offered bodywork and movement weekends, (which felt like mini-intensives). Soon, everyone was excited about the potential of the work and continued support helped further the development of a new center. Theresa García returned to Mexico in 2012 to teach the first full Movement Intensive under the umbrella of Rosen Method: the Berkeley Center.

Public Declaration at the 2014 Rosen Method World Congress in Whistler, Canada

Lourdes offers that it is possible a new program can begin with the passion of just one person who is given enough encouragement and support by others. The new Rosen School in Mexico City is proof-positive!

During the Rosen Method World Congress in 2014 in Whistler, Canada, both Theresa and Lourdes made a public commitment to bring the movement training to Mexico City in a more systematic and formal way. They both felt that in that diverse setting of like-minded individuals and gracious cooperation, the possibility of building a new school was ripe! Both Theresa and Lourdes set out to create and formalize the movement training and will add the bodywork component of training over time.

In 2015, Theresa and Lourdes worked together with the Rosen Institute Executive Team and Service Mark Committee to discuss how to offer trainings for certification through the body consciousness program, Veredas. By mid-2016 Veredas had met the requirements to become a certified Rosen Method Center under the umbrella of the Rosen Institute. With this approval the new program is up and running and has a great vision for a strong and thriving future offering movement and bodywork trainings in Mexico!

How the Program Works

Veredas Centro de Educacion Corporal is currently committed to offering two movement intensives per year (June and November). Two movement intensives were offered in 2016, and the dates for the 2017 intensives are June 17-21 and November 11-15. Hurry and sign up!

Lourdes' shares that the students come from a wide spectrum of careers: "We have alternative wellness therapists, yoga teachers, and psychologists who are very interested in bodywork and personal development. The diversity of student backgrounds is experienced as a pillar of strength in their program offering." Most students have expressed a desire to become certified movement teachers.

The impact of the teaching has been phenomenal. Being able to share and witness the growth and enthusiasm of the students has been eye-opening, and much more than expected. Students in their second intensives are already teaching an entire section of movement, and all students are interested in the selection of music. They have been fascinated with the added awareness of anatomy.

Lourdes notes that Theresa is a solid teacher with a profound and vivid knowledge of anatomy and its relationship to habits and emotions. During one afternoon session, Theresa guided students on touching into their inner being through anatomy in a soft and respectful manner. Students explored this with one another using Rosen touch on massage tables, making it much like having a bodywork practicum at a movement intensive.

Reflections on How to Maintain Momentum after Launching

During the workshops, students were encouraged to focus on the experience of deep connection (both with themselves and with partners) through the practices and sharing circle. Many of the students who participated in the movement intensive trainings are also members of the weekly class on body-consciousness and movement at Veredas, so they have a strong experience of their bodies, which has allowed Theresa to take them deeper during the workshop class.



Veredas offers a movement practicum during the months between intensives so students can practice specific movement sections, listen to music and share. This helps to foster a deeply-connected and interactive community from the start and it has been incredible to witness.

Unique Aspects of a Rosen Program in Mexico

As Mexico has a suppressed economy, Lourdes and Yoya chose to look into fundraising opportunities that would keep the costs affordable for all students, and they hope to offer scholarships. Fundraising has been an important component and many current students have donated to the cause and fully appreciate what they are investing in for another student down the line. It has been a win-win situation for all involved and Veredas is grateful for the donations.

Reflections from Theresa García

What has stayed with Theresa the most is how perceptive and committed to learning the students are. Music is a key interest to the students and music selection is a hot topic. Many students brought music to play around with and were quick to identify pieces of music conducive to the various goals and sections of a movement class. During classroom discussions, students were able to discern the more subtle characteristics of what supports and inspires movement and what gets in the way. The depth of their capacity for sensing into their own experience, and articulating it, has been profound.

Reflections from Lourdes Nicolau

Lourdes feels very satisfied and honored to work with Theresa, whose love of movement and teaching has made it possible for the citizens of Mexico to experience the beauty of Rosen Method, the quality of touch, deep connection and sharing, which impacts the whole person and their way of living. It also impacts all of society in Mexico.

Lourdes believes Marion is very happy that her time in Mexico did not go to waste and that the work has evolved after so many years, and that her dream of a training program in Mexico has been realized!

Please visit the school's website at www.veredas.com.mx.